



Video Reflection Form

GOAL

Identify two sections of the video that you like and one or two sections of video you'd like to further explore.

CONTENT PLANNING

Watching yourself on video is one of the most powerful strategies professionals can use to improve. However, it can be a challenge. It takes a little time to get used to seeing yourself on screen, so be prepared for a bit of a shock. After a little time you will become more comfortable with the process. Ideally, your video should be approximately 10 to 15 minutes in length.

- Set aside a block of time so you can watch the video uninterrupted.
- Find a place to watch where you won't be distracted.
- Make sure you've got a pen ready to take notes.
- Keep in mind the area(s) of focus you've identified on your Individual Professional Development Plan.

WATCHING THE VIDEO

People have a tendency to be too hard on themselves, so be sure to really watch for things you like. Take notes on anything interesting, review your notes and circle the items you would like to discuss with us (2 you like, and 1 or 2 you would like to further explore). Sit back, relax, and enjoy the experience.

- Plan to watch the entire video at one sitting.
- Be certain to write the time from the video beside any note you make so that you can return to it should you wish to.

LESSON INFORMATION

Grade Level: _____

Subject: _____

Objective: _____

Other information you would like to note:

VIDEO NOTES

2 ITEMS YOU LIKED

1 OR 2 ITEMS YOU WOULD LIKE TO FURTHER EXPLORE
